



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ATTLEBORO YMCA

DOWNTOWN BRANCH

63 North Main Street, Attleboro
Phone: 508-222-7422
Fax: 508-222-4288

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT & SUN 7:00 a.m.-8:00 p.m.

PLEASANT STREET BRANCH

537 Pleasant Street, Attleboro
Phone: 508-226-7700
Fax: 508-226-7717

FALL HOURS BEGIN SEPT 11

MON-FRI 5:00 a.m.-10:00 p.m.
SAT 7:00 a.m.-8:00 p.m.
SUN 7:00 a.m.-4:00 p.m.

NORTON OUTDOOR CENTER

295 West Main Street, Norton
Phone: 508-226-7700 (out of season)

Open for special programs and events.

FALL I: SEPT 11 - OCT 29

FALL I Registration:

August 13 Members
August 27 Non-Members

FALL II: OCT 30 - DEC 24

FALL II Registration:

October 1 Members
October 15 Non-Members

YOUTH & TEEN DIRECTOR,

Nate Packert

npackert@attleboroyymca.org
508-409-0778

Register online at
www.attleboroyymca.org

TEEN PROGRAMS

FALL I: SEPTEMBER 11-OCTOBER 29 | FALL II: OCTOBER 30-DECEMBER 24

Karate

Year-Round Black Belt Program

Ages 4.5+

This is "Eclectic Karate" instructed by Shihan George Cobbett, a 20-year student of martial arts. It combines the strengths of various disciplines to emphasize self-defense, control, positive attitude and spirit.

Pleasant Street

Teen Combination and Jr. Black Belt

TUE & FRI 6:00 - 7:00 p.m.

\$85 Y Member

\$101 Non-Member

Jaguars Youth Track & Field Program

Ages 5-18

Under the direction of USA Track & Field Certified Coach Ed Poirier and the Jaguars coaching staff, youth athletes participate in running, shot put, long jump, and High Jump. The program offers both parent and child fitness activities, including weekly fitness runs and walks. No mandatory practices or events. Come when you can!

OCT 24-APRIL

TUE 5:00-6:30 p.m.

Downtown Branch

\$35 Y Member

\$55 Non-Member

Leaders

Grades 9-12

Be someone! Leaders Club is a social club that works with community service, fundraising, regional events, and more. Are you ready to make a difference? Then join the Leaders Club!

TUE 6:00-7:00 p.m.

Downtown

Free to Y Members

After-School Teen Programs

Look for more information about upcoming after-school teen programs in September!

Babysitting Basics

Ages 11 & up

Our three-day babysitting class prepares students to be safe when they're home alone, watching younger siblings or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and basic first aid information. Topics include developmental stages of children, injury prevention, basic first aid, care of a choking infant/child, emergencies, safety of the sitter and babysitting as a job.

SAT 6:00-7:30 p.m.

Downtown

FALL I NOV 25, DEC 2, 9

\$95 Members

\$135 Non-Members

Swim Volunteer Instructor Program

If you love the water and working with kids, consider becoming a volunteer swim instructor. Learn how to teach swimming skills to all ages and abilities and assist with our group lessons. Great experience for teens who want to work as a swim instructor or lifeguard in the future. Contact Susan Mastandrea at smastandrea@attleboroyymca.org or 508-409-0765

Youth and Government

The Youth & Government program encourages teens to make their voices heard through this pro-active, life-changing program. Become part of something big as you debate about current issues in pre-legislative sessions and advocate for change through the three branches of state government. Teens will spend the school year working hard on the process of researching, debating, and potentially passing a bill. For more information, contact Nate Packert at 508-409-0778 or npackert@attleboroyymca.org.

Program begins in October

TUE 5:00-6:00 p.m.

Downtown Branch

Youth & Teen Strength & Conditioning

Ages 12-18

This program teaches middle school and high school students the importance of a well-balanced strength training program, including proper warm up, strength training, conditioning, and flexibility. Participants will receive a personalized program to follow based on their abilities and goals. Our trainers will provide guidance and assistance to ensure that participants are working out in a safe and efficient manner. This program is designed for any youth or teen, whether you're new to lifting, an athlete, or someone just looking to improve your overall fitness. Program meets twice a week. For more information, contact Ryan Ohnemus at rohneumus@attleboroyymca.org.

MON & WED 3:00-4:30 p.m.

Downtown Branch

Free to Y Members